

## Desert Sierra Health Network

Chair: Sharon Nelson,  
American Cancer Society  
Vice-Chair: William Prouty PhD, Global  
Education Systems Alliance

### Communications Committee

Chair: Eddie Martinez, ELM Public  
Relations

-Establishing the network as the primary  
resource and clearinghouse for nutrition  
and physical activity information and  
policy.

### Resource Committee

Chair: Penni Overstreet-Murphy, San  
Bernardino County Fire Department

-Developing and conducting the annual  
member survey, in addition to providing  
legislative updates and maintaining the  
membership database.

### Worksite Wellness Committee

Chair: Rodney Taylor, Riverside Unified  
School District

-Promoting wellness through the Worksite  
Wellness toolkit and encouraging  
business leaders and individuals to  
adopt healthy policies at the workplace.

### Youth & Family Wellness Committee

Co-Chair: Monica Haag, Child Health  
and Disability Program, San Bernardino  
County Department of Public Health,  
Nutrition Program

Co-Chair: Elisa Guichard, Project LEAN,  
San Bernardino County Department of  
Public Health, Nutrition Program

-Countering childhood overweight and  
obesity through improved nutrition and  
increased opportunities for physical  
activity.

### Mini-grant Committee

Co-Chair: Sandy Keirns, San Bernardino  
County Department of Public Health,  
Nutrition Program

Co-Chair: Betsy Ennis, Riverside County  
Department of Public Health, Nutrition  
Services

-Offering mini-grants for short-term, creative  
projects reaching low-income populations  
that work toward obesity reduction.



## Visit Our Website

[www.sbcounty.gov/eatwell/  
desert\\_sierra\\_hlth\\_ntwrk.  
htm](http://www.sbcounty.gov/eatwell/desert_sierra_hlth_ntwrk.htm)



# Desert Sierra Health Network

INYO • RIVERSIDE • SAN BERNARDINO COUNTIES

**Vision:** All people in Inyo, Riverside and San Bernardino Counties live in an environment that encourages healthy choices.

**Goal:** Improve community health environments by increasing access to nutritious foods and physical activity in order to reduce health disparities and promote lifelong health.



## Who We Are

The Desert Sierra Health Network (DSHN) is comprised of organizations that represent state, county and city government, public health departments and programs, faith-based organizations, non-profit health agencies, school districts and private sector businesses. The California Department of Public Health, Cancer Prevention and Nutrition Section, sponsors DSHN through the *Network for a Healthy California* initiative.

## What We Do

The Desert Sierra Health Network is a leading force for healthy change and reducing health disparities within our communities. Members are united under a comprehensive strategic plan to mobilize underserved communities, helping them improve nutrition and increase physical activity. Special emphasis is placed on school and workplace environment.

## Why We Do What We Do

What we eat and the likelihood of being obese are influenced by the foods that are available. Consumers must be able to find and afford nutritious foods in order to act on the decision to eat healthfully. Amidst a national and statewide obesity epidemic, conditions related to overweight and obesity in the Desert Sierra Region are striking.

- Desert Sierra residents have higher rates of obesity and heart disease than other Californians.
- San Bernardino County and the City of Riverside have two of the worst ratios of fast food and convenience stores to supermarkets and produce vendors in California.
- San Bernardino County, the largest county of the tri-county Desert Sierra region, has the highest food insecurity rate in Southern California.

## Who to Call

**San Bernardino County:**  
Pamela Sit, MSPH, DSHN Coordinator  
(909) 382-3913, [psit@dph.sbcounty.gov](mailto:psit@dph.sbcounty.gov)

**Riverside County:**  
Josette Quinn, MA, MPH  
Program Coordinator, Public Health  
(951) 358-5985, [jharris@co.riverside.ca.us](mailto:jharris@co.riverside.ca.us)



## Join a group of dedicated DSHN members from diverse organizations.

*All Things Are Possible After School & Family Resource Centers*  
*Alvord Unified School District/ School Lunch Program*  
*American Cancer Society, Border Sierra Region North*  
*American Heart Association*  
*American Lung Association of CA*  
*American Sports University*  
*Argosy University*  
*Arrowhead Regional Medical Center*  
*ARMC Pediatric Outpatient Clinic*  
*Badger Coaching Services*  
*Beaver Medical Group*  
*BiNational Health Initiative of the Inland Empire*  
*Bre Dance Studio*  
*Brown-Miller Communications, Inc.*  
*Building a Generation*  
*California Department of Public Health*  
     *Cancer Prevention and Nutrition Section*  
     *Network for a Healthy California*  
*Cal State University San Bernardino College of Education*  
     *Student Health and Psychological Center*  
*California Diabetes Program*  
*California Pan Ethnic Health Network*  
*Children & Family Services – Head Start/Early Head Start*  
*City of Chino*  
     *Community Services*  
     *Healthy Chino*  
*City of Colton*  
*CMA Foundation*  
*Community Action Partnership of RC*  
*Community Health Systems, Inc.*  
*Inland Empire Community Health Center*  
*Community Hospital of San Bernardino*  
*Community ToolBox Adelanto*  
*Cucamonga School District*  
*Dairy Council of California*  
*Desert Oasis Healthcare*  
*Diabetes Health Center*  
*Excelsior Education Center*

*Fitrack*  
*City of Fontana*  
     *Community Services Department*  
     *Healthy Fontana*  
*Girl Scouts of San Geronio Council*  
*Global Economic & Workforce Development Coalition*  
*Health Net of California*  
*Healthy Families International*  
*High Desert Community Coalitions*  
*Inland Agency Desert Sierra Partnership*  
*Inland Behavioral and Health Services, Inc.*  
*Inland Empire Concerned AA Churches*  
*Inland Empire Health Plan (IEHP)*  
*Inland Orange Conservancy*  
*The International Reach & Teach Institute, Inc.*  
*Inyo County Health Department*  
     *California's Children's Services First 5*  
*Jerry L. Pettis VAMC LL*  
*Kaiser Permanente Department of Preventive Medicine & Health Education*  
*KATz Outdoor Fitness Inc.*  
*Kids Come First Community Clinic*  
*Kin Care California Family Life Center*  
*LatinoHealth Collaborative, INC.*  
*Lobb Cliff & Lester*  
*City of Loma Linda*  
*Loma Linda University*  
     *Health Services*  
     *KidsFARE—Growing Fit Clinic*  
     *School of Public Health*  
*Los Angeles County*  
     *Department of Public Health*  
*The Leukemia & Lymphoma Society*  
*Milk & Honeyland Productions*  
*Molina Health Care of California*  
*City of Montclair*  
*National Health Foundation*  
*Network for a Healthy a California*  
*NewBeginnings Urban Ministries Development*  
*Occidental College*  
     *Center for Food & Justice*  
     *Urban & Environmental Policy Institute*  
*Project L.I.F.T. Quail Valley Healthy Community*  
*Reach Out West End*

*City of Riverside*  
     *Unified School District*  
*Riverside Community Health Foundation*  
*Riverside County*  
     *Department of Public Health*  
     *DPSS*  
     *GAIN Program*  
     *Economic Development Agency/Workforce Development Center*  
     *Office of Aging*  
*City of San Bernardino*  
     *Parks and Recreation*  
     *Unified School District*  
*San Bernardino Community Hospital*  
*San Bernardino County*  
     *Department of Aging & Adult Services*  
     *Department of Agriculture*  
     *Department of Children Services- Victorville*  
     *Department of Human Resources-EhaP*  
     *Human Services/ Program Integrity Division*  
     *Preschool Services/Head Start*  
     *Department of Public Health*  
     *Regional Parks Department*  
     *Sheriff Department*  
     *Superintendent Schools*  
     *Workforce Investment Board/ Business Resource Office*  
*San Bernardino Valley College*  
*San Bernardino Unified School District*  
*Secure Horizon: A United Health Group Company*  
*Southeast Asian People's Farm Project*  
*St. Francis Episcopal Church*  
*St. Mary's Choice Medical Group*  
*Tech Data Corporation*  
*Temple Community Outreach Center*  
*Temple Missionary Baptist Church*  
*Thai Seventh-day Adventist Church*  
*United Way- Inland Empire*  
*University of California Cooperative Extension- Riverside County*  
*XRtainment Zone*  
*Young Visionaries Youth Leadership Academy*  
*YMCA- Riverside*  
*Yucaipa-Calimesa Joint USD*  
*Yucca Loma School/Paul Swick Family Center*

### Save the Dates!

February 19, 2009

May 19, 2009

August 25, 2009

November 17, 2009

For information on obesity prevention or food stamps, call 1-888-328-3483.  
 Funded by the USDA's Food Stamp Program, an equal opportunity provider and employer.